

Fitness

Personal Training



Personal Training	
1 Session	\$55
5 Sessions	\$250
10 Sessions	\$500
Program No.	7420

Personal training is an opportunity to work one-on-one with a qualified fitness specialist. You will receive a program that has been individually created to suit your wellness level and your fitness goals. Whether you are looking to complete that next race at a faster time or just want to include fitness in your life, our personal trainers will help you achieve your goals.

Combined with a personal commitment from you, personal training will:

- Help you train safely and effectively
- Provide encouragement and motivation
- Help you set & achieve your goals
- Congratulate you on your accomplishments
- Provide new program/training ideas

Our certified trainers are enthusiastic about fitness, knowledgeable about proper exercise techniques, and schedule sessions during all open business hours.

Members may schedule personal training appointments by speaking with a member of our training staff or by calling 978-287-1015. All training must be prepaid at the front desk upon arrival of your first training session.

Cancellation Policy

In order to cancel or reschedule a personal training appointment, you must contact your trainer at least 24 hours in advance of the scheduled appointment or you will be charged for that session. No-shows will still be charged for the session.

General Information

For your first session with a trainer, make sure you're well rested and adequately hydrated. Please adhere to our dress code and wear clean, movement-oriented clothing and sneakers. You may want to bring a water bottle along, too but be sure to secure your valuables in a locker. Please arrive on time for your appointment. Your lateness will result in a shortened session and no pro-rated refund. All personal training sessions will take place at the Swim & Fitness Center. Trainers are not permitted to schedule sessions at private residences.

Personal Training

Body Composition Analysis

The Beede Center now has a private testing room for body composition analysis. The Futrex body composition analyzer is a non invasive way to evaluate your percentage of essential fats, reserved fats & excess fats. Body composition has a direct impact on your health, this test will provide the information you need to start a healthier lifestyle. Call 978-287-1014 to make an appointment for your 15 minute screening.

Body Comp Analysis

Members	\$20
Non Members	\$35

Intensify

Are your workouts stale and showing little results? Intensify is based on progressive approach to high intensity functional training. This program for Beede members will promote the ability to move your body the way nature intended, while accomplishing work. Trainers will create workouts based at your fitness level so anyone can try this program. Three 1 hour sessions.

Intensify

3 Sessions	\$120
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Beede Express

Want to get more out of your workouts? Want to reverse aging factors? Personal training not in your plans? The Beede Express is a 12 week guided strength program for Beede members. Three body composition tests are included. Two 30 minute sessions per week for 12 weeks.

Beede Express

12 Weeks	\$499
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Personal Trainers

Tyler Barry

Tyler's long time interest in human wellness, along with his experience training with others, led him to pursue a career as a personal trainer. He studied physical science at the University of Massachusetts, Lowell and is an Aerobics and Fitness Association of America certified personal trainer. His emphasis lies in blending cardiovascular conditioning with strength training, and he has worked with a wide range of age groups and fitness abilities. In his spare time he enjoys boxing, running, rock climbing, skiing, weightlifting, and basically anything physically challenging.



Tyler Barry

Jef Bennett

As a lifelong sport and fitness enthusiast, Jef has over 20 years experience in many competitive activities including soccer, baseball, basketball, Karate, strongman training and weightlifting. Recently he has also played semi-pro football in the New England Football League, where he developed the strength & conditioning program for the lineman and linebackers. Since Jef has become an International Sports Sciences Association certified personal trainer he has trained for a wide variety of fitness levels and goals. While he has trained high school and college athletes with specific goals of increasing strength, speed, power and stamina, Jef is equally familiar with the goals of the general population to improve their general health and fitness.



Jef Bennett

Fitness

Personal Trainers



Janet Chinitz

Janet Chinitz

Sports and exercise have always been an important part of my life so it is not surprising that several years ago I decided to make fitness my part time job. I have been working in the fitness industry for 14 years as a Group Exercise Instructor and more recently as a Personal Trainer, 13 of those years at the Concord Recreation Department. I hold my Group Exercise certification through the Aerobics and Fitness Association of America and my Personal Trainer certification through the American Council on Exercise. What I love most about my job is helping others to become fit and healthy while educating them about the long-term benefits of exercise. I strive to help them adopt life-long healthy habits and achieve their goals by creating enjoyable, safe and manageable fitness programs.



Jeff Cobb

Jeff Cobb

Jeff has been involved in athletics and exercises most of his life. Baseball, soccer, rugby and tennis are some sports that he competed in throughout high school and college. His passion for exercise is primarily in the weight room. Jeff helps his clients achieve their health and fitness goals. If you are interested in general fitness and having fun at the same time, then Jeff can make it happen for you. Credentials: BS Physical Education, Minor in Health, Certified Personal Trainer through American College of Sport Medicine.



John Donaldson

John Donaldson

John earned his Masters Degree from Syracuse University and is an International Sports Sciences Association certified personal trainer. His focus is on strength and conditioning, and he trains individuals from all levels of fitness. He has coached athletes seeking help with power development and improvements in stamina. He combines high intensity strength and conditioning to his training, as well as guidance on performance nutrition. In his spare time John enjoys outdoor activities such as hiking and nordic skiing.



Trishia Hosmer

Trishia Hosmer

Trishia has been a certified personal trainer for the last five years. Personal training fulfills her lifelong desire to work with others. She specializes in designing personal programs for weight loss, physical therapy for medical rehabilitation both prior and post surgery, and training for marathons. Trishia strives to help every client obtain his or her personal goals. She is certified from National Academy of Sports Medicine as well as the American Sports & Fitness Association. She has run the Boston Marathon and competes regularly in local road races, including the Tufts 10K. Trishia loves to ski, play basketball, run, boxing, and soccer. Trishia resides in Groton with her son Sean. She is working on completing her Masters degree in psychology.



Paul Nitishin

Paul Nitishin

Paul is a graduate of Boston University where he majored in biology. Paul became a member of the technical staff at MIT Lincoln Laboratory in 1980. He then successfully completed the Johnny G Spinning certification program and began leading Spinning classes in 2002 at the Lincoln Laboratory Fitness Center. Although he had been weight training for many years, it wasn't until 2003 after becoming a Spinning instructor that Paul took the opportunity to become an American Council on Exercise Certified Personal Trainer. Since then he has been a staff trainer at MIT's Lincoln Laboratory Fitness Center. Paul will customize a fitness program to suit your specific needs.

Personal Trainers

Fran Powell

With close to 20 years of experience in the fitness industry, Fran is an American Council on Exercise certified Personal Trainer and Group Exercise Instructor. Fran believes in a holistic approach to health and fitness. Her training emphasizes core strength and stability, muscular balance throughout the body and maintaining flexibility. Fran is adept at incorporating functional training into a comprehensive fitness program. Her knowledge of nutrition and metabolism enables her to design effective and safe programs for clients with Type 1 & Type 2 diabetes. Fran has a background in both Pilates mat and yoga instruction, and she finds this helpful in designing creative programs that keep clients motivated. Fran's training appointment scheduling is flexible.



Fran Powell

Mark Ryder

Mark is a second degree black belt in Shotokan Karate. He has been instructing men, women, children, and college students in the martial arts since 1980. His interests in the martial arts and physical fitness lead him to more in-depth studies of fitness, nutrition, and dietary supplementation and a career in Personal Training. In 2005 he obtained his Personal Training Certification through American Fitness Training of Athletics. Mark enjoys educating his clients about fitness and often combines his personal training session workouts with a mixture of strength training, martial arts, sport drills and functional training.



Mark Ryder

Sarah Schultz

Sarah is a 2003 graduate of The University of Massachusetts, Lowell where she majored in Community Health Education and minored in Psychology. Since her graduation she has been a personal trainer in the Concord area, helping many individuals safely and effectively achieve their fitness goals. She is certified through the American Council on Exercise and recently received a certificate in pre and postnatal training through ACE. Sarah grew up in Townsend Mass., and now lives in Rindge N.H.



Sarah Schultz

Cathy Smith

Cathy has a MS in Human Behavior and Development and is certified by the American Council on Exercise as a Personal Trainer and Stott trained in Pilates Mat, Reformer and Injuries and Special Populations. Cathy has worked with all ages throughout her nine years as a Personal Trainer. Her strengths are working with middle-age to older individuals in preparation for joint replacements, functional training and balance. Previously, Cathy spent 15 years working as an administrator in long-term care and rehabilitation. Helping people stay active and healthy throughout life is her passion.



Cathy Smith

Anne Windhol

Anne has worked as a Personal Trainer since 2000, following a career in children's fitness. She has a B.S degree in Physical Education and is certified by the American Council on Exercise. Anne has been involved with a lifetime of athletics and fitness. She is a competitive golfer who also enjoys biking, tennis and hiking. Anne has experience working with many populations, including older adults, low back, shoulder, knee and hip replacement post rehab clients. She also enjoys sports specific training. Core strength, balance and posture are stressed with every client. Anne prefers functional training with the emphasis on fun!



Anne Windhol